

Research-Based HIV Prevention Curricula

Several of these curricula have lessons that discuss condoms. While it is important to implement a curriculum with fidelity in order to achieve the research outcomes, lessons must be in compliance with the district's (or charterholder's) policies. These curricula have been approved by the Arizona Department of Education's Materials Review Committee (MRC) to ensure medical accurateness and compliance with state and federal laws.

Curriculum Name	Grade Levels	Length of Curriculum	Major Topics	Skills Taught	Parent Involvement	Research Outcomes
<i>Get Real About AIDS</i>	6-9	Ten 60-minute lessons	*Abstinence *Condom use *Peer norms *HIV/STD transmission & prevention	*Assertiveness *Communication *Condom use *Decision-making *Personal limit-setting *Refusal skills	*Student-Parent assignment	*Increase in number of students who are better prepared to be abstinent *Increase the number of students who talk with their parents about sexuality
<i>Get Real About AIDS</i>	9-12	Fourteen 60-minute lessons	*Abstinence *Condom use *Peer norms *HIV/STD transmission & prevention	*Assertiveness *Communication *Condom use *Decision-making *Personal limit-setting *Refusal skills	*Parent information sheet	*Increase knowledge about HIV *Increase belief that a peer who engaged in risky behaviors could become HIV infected *Increase Condom Use Among Sexually Active Students *Decrease number of sex partners among sexually active students
<i>Making A Difference</i>	6-9	Eight 60-minute lessons	*Abstinence *Peer Norms *Relationships *HIV/STD transmission & prevention	*Assertiveness *Communication *Goal-setting *Decision-making *Personal limit-setting *Refusal skills	*Parent beliefs activity	*Decrease the number of students who initiated sexual intercourse *Increase number of students who postpone sexual intercourse among those who are not already sexually active *Effective when implemented by adults as well as youth educators
<i>Reducing the Risk</i>	9-12	Sixteen 50-minute lessons	*Abstinence *Condom use *Peer norms *Relationships *Sexual Behaviors *STD transmission & prevention	*Assertiveness *Communication *Condom use *Decision-making *Personal limit-setting *Refusal skills	*Student-Parent assignment	*Decrease the number of students who initiated sexual intercourse *Increase knowledge about risk of pregnancy and STDs, as well as proper use of condoms and contraception *Increase use of contraception among sexually active students *Increase proportion of students who talk to their parents about abstinence and contraception
<i>Safer Choices</i>	9-10	Seventeen 45-minute lessons	*Abstinence *Condom Use *Peer norms *Relationships *Sexual behaviors *Societal influences *STD transmission & prevention	*Assertiveness *Communication *Condom use *Goal setting *Personal limit-setting *Refusal skills	*Student-Parent assignments *Parent information sheets	*Increase knowledge about HIV and other STDs *Students' self-efficacy regarding perception of risk, sexual refusal, condom access, and use, and communicating accurate information to friends

Sources:

Collins, J., Robin, L., et al. (2002). *Programs-That-Work: CDC's Guide to Effective Programs That Reduce Health Risk Behavior of Youth*. J. of School Health. 2002;72(3):93-99.
 Sellers, W. (1999). *Michigan Sex Education and HIV/STD Prevention Program Guide: A Guide to Selecting Effective Pregnancy Prevention, HIV Prevention, and STD Prevention Programs and Strategies for Grades 7-12*. Produced under a grant by the Michigan Department of Community Health in cooperation with the Michigan Department of Education.